

This summer the Meadowlands Environment Center is pleased to present for your enjoyment its Senior Summer Program for 2007, "Redefine Yourself at the MEC...dare, dream, explore, expand".

Every Tuesday, starting in June and ending in August, afternoon or evening programs are scheduled that will intrigue, energize and revitalize your spirit. There will be music, interactive programs and educational series that will leave you renewed and yearning for more.

| MONTH | DATE | TIME | PROGRAM |
|-------|------|----------|--|
| JUNE | 5 | 7:00 PM | Floral Fun |
| JUNE | 12 | 7:00 PM | "Sweet Dreams Baby" |
| JUNE | 19 | 7:00 PM | Astronomy of the Americas |
| JUNE | 26 | 7:00 PM | Backyard Astronomers |
| JULY | 10 | 7:00 PM | Sizzlin' Salsa |
| JULY | 17 | 7:00 PM | Unlocking the Potential with Feng Shui |
| JULY | 24 | 12:00 PM | 4 Plus 2 Musical Group |
| JULY | 31 | 12:00 PM | Meditation |
| AUG. | 7 | 7:00 PM | Art of the Masters: MC Escher |
| AUG. | 14 | 7:00 PM | Colonial Meadowlands |
| AUG. | 21 | 7:00 PM | Jersey Sound |
| AUG. | 28 | 7:00 PM | La Cucina Italiana |



Two DeKorte Park Plaza
Lyndhurst, NJ 07071
Phone: 201-460-8300
Fax: 201-842-0630

The Meadowlands Environment Center was formed to increase awareness and enjoyment of our vital ecosystem. The New Jersey Meadowlands Commission and Ramapo College of New Jersey entered into a partnership in 2003, to develop a comprehensive environmental education program for schools and the general public. Together, the New Jersey Meadowlands Commission and the experienced team of educators from Ramapo College encourage the use of the environment as a classroom, increase awareness of the resources of the Meadowlands, and help communities recognize the critical issues that affect the Meadowlands District.

Visit our website at www.njmeadowlands.gov/ec

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Meadowlands Environment Center
Two DeKorte Park Plaza
Lyndhurst, New Jersey 07071

Environment Center Hours:
Monday through Friday 9:00 a.m. - 5:00 p.m.
Saturday & Sunday 10:00 a.m. - 3:00 p.m.

 Please contact the Meadowlands Environment Center offices at least one week prior to visiting to request disability related accommodations for equal access.

Trails Open Daily — weather permitting



Summer 2007

SENIOR PROGRAM



A NEW JERSEY MEADOWLANDS COMMISSION FACILITY
Operated by
RAMAPO COLLEGE OF NEW JERSEY

Two DeKorte Park Plaza Lyndhurst, NJ 07071
Phone: 201-460-8300 Fax: 201-842-0630

Program Registration Form

Registration Opens to the Public on April 23

2 Ways to Register:

To register on-line:

- 1.) Log onto our website at www.njmeadowlands.gov/ec
- 2.) click on events
- 3.) then click on senior program

To register by mail:

Fill out this form and mail to:

Summer Senior's Program
c/o Meadowlands Environment Center
Two DeKorte Park Plaza 🏰 Lyndhurst, NJ 🏰 07071

For more information or questions about programs, call 201-460-8300.

No phone registration, please.

Program Choices

Please circle your program choices and indicate the number of attendees from your household.

| JUNE | | JULY | | AUGUST | |
|---------------------------|---------------------|------------------------|---------------------|----------------------|---------------------|
| PROGRAM | NUMBER OF ATTENDEES | PROGRAM | NUMBER OF ATTENDEES | PROGRAM | NUMBER OF ATTENDEES |
| Floral Fun | | Sizzlin' Salsa | | Art of the Masters | |
| "Sweet Dreams Baby" | | Feng Shui | | Colonial Meadowlands | |
| Astronomy of the Americas | | 4 Plus 2 Musical Group | | Jersey Sound | |
| Backyard Astronomers | | Meditation | | La Cucina Italiana | |

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____ *(required)*

E-mail Address: _____

Cancellation Policy: *Please contact staff if you can not attend a program for which you have received a confirmation commitment. Individuals and parties who have not advised us 2 days prior of their inability to attend their program choice on two occasions will have all of their remaining registrations voided.*

Due to the construction in DeKorte Park, parking will be limited. Please car pool when possible.

DARE

Floral Fun 🏰 June 5 🏰 7:00 pm *(100 max capacity)*

Join Margaret Debrot, an expert in floral design, for an event where you'll create your own Seasonal Summer Wreath. As a professional florist in Northern Bergen County for 10 years, Margaret developed a refreshing style in floral décor. Margaret will be here to share some tricks of the trade. Join us to nurture your own creative style having fun while you do it. In this workshop you'll have a chance to see and learn how to create a seasonal door decoration just in time for summer!

Sizzlin' Salsa 🏰 July 10 🏰 7:00 pm *(100 max capacity)*

Have fun to the sizzling beat of Salsa! Felicia Lee Banks, director of Continental Dance Club in Bloomfield, NJ, television performer, and 7 time winner of the Top Female Teacher Award, will teach you the latest steps, turns, and patterns of this exciting dance. No experience necessary.

Art of the Masters: MC Escher 🏰 August 7 🏰 7:00 pm *(100 max capacity)*

Join Creative Notions in exploring the life and works of MC Escher. Escher is one of the world's most famous graphic artists, whose art has been enjoyed by millions of people all over the world. From his early love of the Italian landscape to his truly unique Tessellations, to his so-called impossible structures, there is something for everyone. Through Escher's work, we are reminded that the world around us is a wondrous and fascinating place. Participants will have the wonderful opportunity to take part in the printmaking process and create their own print, which will be framed for all to enjoy.

DREAM

"Sweet Dreams Baby" 🏰 June 12 🏰 7:00 pm *(250 max capacity)*

What do our dreams tell us about our hopes and fears? Dr. Peter Heinze, Assistant Professor of Clinical Psychology at Ramapo College of NJ and a psychotherapist in private practice in New York City will discuss how understanding the symbolic meaning of dreams allows us to access aspects of our psychic life which often are beyond our conscious awareness.

Unlocking the Potential with Feng Shui 🏰 July 17 🏰 7:00 pm *(250 max capacity)*

Making the most of our living or work spaces is more than simply having good décor. There are seen and unseen forces that can increase our joy, longevity, good relations and prosperity. Join us as Master Teacher Yasha Jampolsky demonstrates how we can better connect with the energies in the spaces we inhabit through the use of Feng Shui and other Asian modalities.

Colonial Meadowlands 🏰 August 14 🏰 7:00 pm *(100 max capacity)*

Join Daniel J. Cashman, author of "Voyages of the Passaic Falcon" as he introduces you to the Colonial Meadowlands. Learn how Barbadoes Neck, the ridge running from Rutherford to Kearny, was home to farmers, miners, sailors, smugglers and Indians. Find out which mansions in our area were considered "Party Central" in 1760.

EXPLORE

Astronomy of the Americas 🏰 June 19 🏰 7:00 pm *(250 max capacity)*

Join Dr. Rich Russo, professor of astronomy at Ramapo College of NJ, on a virtual tour of the Americas through the eyes of an archaeo-astronomer. Share his endless energy and enthusiasm for the astronomy of the ancients. In your time together, you will gain a unique perspective, focusing on the effect astronomy had on the rich cultures of pre-Columbian America. An outdoor presentation to observe our sky through large astronomical telescopes will surely take your breath away! The evening will be rounded out by a discussion of the best telescopes to buy for the beginning astronomer.

4 Plus 2 Musical Group 🏰 July 24 🏰 12:00 pm *(250 max capacity)*

Featuring Sal Verga and his Dixieland band, you will have your soul stirred with this talented ensemble of professional musicians. A Meadowlands Environment Center repeat performer, the group's popularity comes from its energetic renditions of a wide variety of infectious, toe-tapping music including New Orleans-style Dixieland Jazz.

Jersey Sound 🏰 August 21 🏰 7:00 pm *(250 max capacity)*

Jersey Sound, a band comprised of four vocalists and four musicians combine their distinctive blend of voices with accomplished instrumentation to create a sound that is one of a kind. The band will present their version of memorable music from the 50's, 60's, 70's and 80's.

EXPAND

Backyard Astronomers 🏰 June 26 🏰 7:00 pm *(100 max capacity)*

People of all cultures have looked up, studied, and wondered about the night sky. Be introduced to how the sky can be used as a calendar and some of the myths behind our summer constellations. Seniors will make their own star charts and learn how to use them to observe the night sky all year long. Weather permitting; we will go outside viewing. Your own binoculars are handy, but not required. Craft materials supplied.

Meditation 🏰 July 31 🏰 12:00 pm *(250 max capacity)*

Join Sheryl Edall, the director and founder of Naturally Yoga in Glen Rock, NJ with over 11 years experience as she shows you how to use a variety of practices exploring the breath, sound vibration and visualization as a means to calm the mind and relax the body. With her help, Sheryl will teach you how to create mindful awareness as a tool to recapture ones true nature, that place of irresistible joy. All this will culminate with a loving kindness meditation.

La Cucina Italiana 🏰 August 28 🏰 7:00 pm *(100 max capacity)*

Who says gourmet Italian food has to be difficult to prepare? Not Al Marra, from Marra's Italian Market, chef with over 20 years experience. From his table to yours, this program will demonstrate how to prepare a variety of nutritious dishes. Experience the tastes of Italy by sampling many of his specialties. Buon appetito!